

# “THE WAY WE EAT”

Series: “God’s Gym,” part 1 of 4  
Saturday, August 28, 2010 at 5:00 pm and  
Sunday, August 29, 2010 at 9:00 and 11:00 am

Big Idea: We must be good stewards of our bodies because we belong to God and are of immeasurable value.

Text: 1 Corinthians 6:19-20

**I.** Paul presents an argument of ownership.

John 2:14-16

**II.** Paul presents an argument of value.

1 Corinthians 6:20

“You were bought at a price.”

\*If you don’t perceive something as valuable, it’s hard to have the motivation to take care of it.

**III.** Paul presents an argument of purpose.

1 Corinthians 6:20

“Honor God with your body.”

\*Your body was created by God and for God to honor God.

Take away for me: